

ABSTRAK

Nia Latifatul Maula. (2018). “Program Bimbingan Pribadi Berdasarkan Profil Ketangguhan Siswa” (Studi Deskriptif di SMK Negeri 5 Bandung Tahun Ajaran 2018/2019).

Ketangguhan merupakan kemampuan diri yang penting dimiliki siswa SMK sebagai salah satu nilai budi pekerti yang menjadi *output* pendidikan siswa di SMK, namun terdapat fenomena siswa SMK yang belum memiliki ketangguhan diri atau belum mencapai ketangguhan yang optimal. Penelitian bertujuan untuk merumuskan program bimbingan pribadi berdasarkan profil ketangguhan siswa SMK yang selanjutnya di *judgement* oleh pakar dan praktisi. Penelitian menggunakan pendekatan kuantitatif dengan metode survei. Penelitian dilakukan kepada 533 siswa SMK kelas X di SMK Negeri 5 Bandung Tahun Ajaran 2018/2019. Hasil penelitian terhadap variable ketangguhan menunjukkan secara umum siswa SMK kelas X berada pada kategori rendah yang berarti siswa belum mampu menampilkan cara-cara positif untuk bertahan dalam menghadapi peristiwa atau kejadian yang dapat menimbulkan tekanan dan stress yang terjadi pada kehidupan sehari-harinya, sehingga memerlukan program bimbingan pribadi sebagai upaya pengembangan pribadi yang memiliki ketangguhan diri. Penelitian berhasil merumuskan program bimbingan pribadi berdasarkan profil ketangguhan siswa yang telah teruji kelayakannya melalui *judgement* pakar dan praktisi bimbingan dan konseling.

Kata kunci: Ketangguhan, Program Bimbingan Pribadi, Siswa SMK

ABSTRACT

Nia Latifatul Maula. (2018). "Personal Guidance Program Based on Hardiness Profile of Vocational Student" (Descriptive Study in SMK Negeri 5 Bandung Academic Year 2018/2019)

Hardiness is an important self-ability possessed by Vocational students as one of the ethical values which are the output of education for students in Vocational High Schools, but there is a phenomenon of Vocational students who do not have self-hardy or have not achieved optimal hardiness level. This study aims to formulate a personal guidance program based on the hardiness profile of vocational students which is then judged by experts and practitioners. The research uses a quantitative approach with survey methods. It was conducted in SMK Negeri 5 Bandung of Academic Year 2018/2019 and 535 students of class X were involved. The results of the study on the variable hardiness show that the Vocational High School students in non-hardy category, it means that students have not been able to show positive ways to survive in the face of events or incidents that can cause stress that occur in their daily lives. So that requires a personal guidance program as an effort to develop a person who has self-hardy. The study has succeeded in formulating a personal guidance program based on student hardiness profiles that have been tested for their feasibility through expert judgment and guidance and counseling practitioners.

Keywords: Hardiness, Personal Guidance Program, Vocational Students

Nia Latifah Maula, 2019

**PROGRAM BIMBINGAN PRIBADI BERDASARKAN PROFIL KETANGGUHAN SISWA
(Studi Deskriptif di SMK Negeri 5 Bandung Tahun Ajaran 2018/2019)**

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